

iChoices Healthy Steps Walking Club!



The iChoices Healthy Steps Walking Club promotes walking as the main source of physical activity. The club encourages participants to walk at their own pace while working towards wellness incentive goals.

Let's Get Started!

iChoices Healthy Steps Walking Club provides our participants with a tracking log (if you are not enrolled in iChoices Wellness Incentive Program) and a pedometer to help you keep track of your progress. For enrollment details, contact Teresa Fair via email at teresa.fair@adph.state.al.us.

Accumulating Miles

For each day that you walk for exercise, you will record the number of miles walked (1 mile = 2000 steps). At the end of the month, calculate your miles and send your tracking sheet to Teresa Fair in Suite 1010 or via email. Let's challenge ourselves and see how many miles we can accumulate by the end of each month!

Earning Incentives

The number of miles you walk each day will be adding up in your Healthy Steps Walking Club "bank account". When your bank account accumulates enough miles, you will be able to "purchase" incentive items! Once an incentive item is purchased, the number of miles that the item costs (for example: a T-shirt costs 400 miles) will be withdrawn from your account. iChoices Wellness Team members will keep track of your mileage points that you spend, so all you have to do is keep track of your miles! The miles needed for each incentive item are listed below.

ITEM	MILES
Water Bottle	50
Safety Whistle	75
Reflective ID Band	100
Socks (one size fits all)	200
Fanny Pack w/ Bottle Holder	300
T-Shirt	400